



THE MIDDLETOWN EYE

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Macdonough Video Club Wins Recess Rocks Contest

The Macdonough School Video Production Club at Macdonough Elementary School in Middletown and a fifth-grade student from Lisbon have been named winners in the national Recess Rocks video contest for their ideas for combating childhood obesity. The students at Macdonough placed second in the group category, while Connor McCabe of Lisbon placed third in the individual category. The contest is part of the nationwide Recess Rocks childhood obesity prevention campaign launched by Community Health Center, Inc. (CHC) in September 2010.

The video contest, which ran from September 8 to November 30, invited children and young teens in grades 2 through 8 across the U.S. to submit a two-minute video featuring a speech, song, dance or commercial that answers two questions: “How do you feel about the childhood obesity problem?” and “What can you do about it?”. Children could enter individually or as part of a group from a public or private school or youth-focused community organization or club. Entries were judged on overall impact, creativity, memorable content and delivery and a clear message on how the problem can be solved.

The students at Macdonough won \$1,000 for their school, while McCabe was one of three third-place winners in the individual category to win a Flip Ultra Camcorder. A complete list of winners in the individual and group categories is available at RecessRocks.com.

The video club was supervised by second grade teacher Joanne Jukins and production was organized by her son and daughter Kyle and Hannah. Students in the video club are: Tiana Bressler

Zach Corvo

Devina Cruz

Julian Fields-Gomez

Michael Katz

Alli Lozada

John Sanchez-Menard

LeAnna See

Olivia Solecki

Tammy Specyalski

Alijah St. Amand

Mekhi Toler

J'Lynn Turner

“We decided to hold this contest, because few people were asking children and teenagers—those directly affected by the childhood obesity epidemic—for their ideas,” said Mark Masselli, CEO and president of Community Health Center, Inc. “As we suspected, they offered a wealth of

creative solutions. Though the contest is over, we hope they will continue these conversations about preventing and reversing childhood obesity, voice their ideas and become leaders in their schools and communities who advocate for healthy changes.”

The Macdonough School Video Production Club’s video begins with one student telling another, who is playing a video game, to “Put it away. It’s time to play!” Those two students play, then find another sedentary student to recruit. Through a chain reaction, the two students soon become a group of kids who are playing a game outdoors.

McCabe’s video features he and his brother, Kyle, drinking water instead of soda and choosing outdoor activities, such as climbing, soccer and ziplining over watching television.

The second part of the Recess Rocks campaign was the national launch of a program that brings fun, creative movement to schools across the nation. Also called Recess Rocks, the program started in Connecticut to bring movement to sedentary winter recesses and into the classroom. Since then, it has evolved into a program that is used year-round to increase students’ activity levels and create life-long, healthy habits. Since the campaign launch, more than 230 schools in 26 states have requested a Recess Rocks implementation manual to learn more about beginning the program in their schools.

Visit RecessRocks.com to learn more about the Recess Rocks program, request a free program implementation manual or to get details on CHC’s many programs and interventions to prevent and reverse obesity.

About Community Health Center, Inc. Since 1972, Community Health Center, Inc. has been one of the leading healthcare providers in the state of Connecticut, building a world-class primary health care system committed to caring for uninsured and underinsured populations. CHC is focused on improving health outcomes for its more than 130,000 patients as well as building healthy communities. Currently, CHC delivers service in 173 locations statewide, offering primary care in medical, dental and behavioral health services. For more information, visit chc1.com.

Posted by Middletown Eye (Ed McKeon) at [8:15 AM](#)